

CLAIMS

1. Use of the microbes *Lactobacillus rhamnosus* LGG, ATCC 53103, *Lactobacillus rhamnosus* LC705, DSM 7061, and *Propionibacterium freudenreichii* ssp. *shermanii* PJS, DSM 7067 for preparing a product for inhibiting yeast.
- 5 2. Use of microbes according to claim 1, **characterized** by preparing a product of the food industry or the pharmaceutical industry, a health promoting product, or natural products.
3. Use of microbes according to claim 1, **characterized** by preparing a food product.
- 10 4. Use of microbes according to claim 3, **characterized** by preparing a dairy product, preferably cheese.
5. Use of microbes according to any one of claims 1 to 4, **characterized** in that also other, conventional (starter) bacteria are used in the preparation.
- 15 6. Use of microbes according to any one of claims 1 to 5, **characterized** by preparing a unit dosage form containing the microbes.
7. Use of microbes according to claim 6, **characterized** in that the dosage form is a preparation for oral consumption.
8. Use of microbes according to claim 7, **characterized** in that
20 the dosage form is a capsule or a tablet containing xylitol, in addition to the microbes.
9. A method for inhibiting the growth of yeasts and for relieving yeast-related symptoms in animals or humans, the method comprising: administering the microbes *Lactobacillus rhamnosus* LGG, ATCC 53103, *Lactobacillus casei*
25 ssp. *rhamnosus* LC705, DSM 7061, and *Propionibacterium freudenreichii* ssp. *shermanii* PJS, DSM 7061 to an individual in the need thereof in an amount sufficient to produce the desired effect.